



# Base Bulletin

Vandenberg AFB, CA 93437-0759



5 January 2005

No. 1

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Vandenberg Publishing on the Global e-mail or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 606-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Pass And Registration Extends Hours:** Pass and Registration will be extending hours to meet mission requirements for the Vandenberg ID and AECC (Restricted Area Badge) demand. Please take note of the schedule: Monday from 0830—1700, Tuesday from 0800—1700, Wednesday from 1000—1600, Thursday from 0800—1700 and Friday from 0830—1600. AECCs and Vandenberg IDs will not be processed between 1100—1300. Please call in advance to schedule AECC and VAFB ID issue. Vehicle decal and weapons registration can be done at any time. Fridays are reserved for walk-in AECCs and VAFB IDs. For more details call 6-1853. (30SFS/SFOXI)

**b. Office Closure:** The Military Personnel Flight will be closed for new furniture delivery the week of 3-7 Jan 05. If immediate assistance is needed, contact 6-9898, during this time. (30MSS/DPM)

**c. Attention Military Family Housing Residents:** Christmas trees are scheduled to be picked up in housing on 10 Jan 05 as part of the regularly scheduled bulk pick-up. Have trees at the curbside by 0700 on 10 Jan 05. Remove all ornaments and tree stands. Do NOT bag the tree. Contact is Mr. Hehe at (30CES/CEOEC)

**d. Retirement Ceremony And Dinner:** Colonel Stephen M. Tanous, Commander, 30th Operations Group cordially invites you to a retirement ceremony honoring Chief Master Sergeant Philip E. Cope, Superintendent, 30th Operations Group, on Friday, 14 Jan 05 at 1500 at Vandenberg Base Theater, Bldg 13750, Vandenberg Air Force Base, CA. Military Dress: Duty uniform. Civilian Dress: Business Attire. Immediately following the retirement ceremony, a dinner honoring Chief Master Sergeant Philip Cope, will be held at the Pacific Coast Club featuring an Italian Buffet for the price of \$20. Social hour starts at 1730 and dinner will be served at 1830. Dress is casual. Please RSVP by 7 Jan 05 to Comm: (805) 606-6035 and DSN: 276-6035. (30OG/CCR, 6-1225)

**e. AFOSH Council:** The Commander's Quarterly AFOSH Council will be held on Wednesday, 19 Jan 05, from 1400-1500 at the WROCC Theater. All Team Vandenberg Commanders are required to attend; USRs and interested persons are highly encouraged to attend as well. Purpose of the AFOSH Council is to address all safety, health and fire protection issues. Col Wolf, 30th Space Wing, Vice Commander, will preside as Chairman of the Council. (30SW/SE, 6-8804)

**f. 2005 Internal ECAMP Audit:** The Environmental Compliance Assessment and Management Program (ECAMP) audit will be conducted 24-28 January 05. This audit will cover the environmental protocols as found in AFI 32-7045. ECAMP team members will be visiting wing, tenant, and contractor organizations during the audit. The Team Guides will be posted on the 30CES/CEV web page [https://intranet.vandenberg.af.mil/30\\_MSG/30-ces/Environmental/index.html](https://intranet.vandenberg.af.mil/30_MSG/30-ces/Environmental/index.html). Please contact John Woods at 5-0633 for additional information. (30CES/CEVV)

**TEAM VANDENBERG**

**g. Free Tax Assistance Is Available:** Your VAFB tax team is here to help you. Volunteers are trained and available to give complete tax service to include filing your Federal and state income tax forms electronically giving you the fastest possible refund free of charge. W-2's are available at [myPay.dfas.af.mil](http://myPay.dfas.af.mil) on 14 Jan 05. Contact your unit tax advisor or call the tax office at 6-3650 for an appointment. (30SW/JA)

**h. Alabama Air Nat'l Guard Part-time Vacancies:** Are you planning Palace Chase, Palace Front, or Separating from active duty? Would you like to continue receiving most of your active duty benefits and have a great part-time job? The Alabama Air Nat'l Guard units in Montgomery have the following part-time vacancies: 1N0X1-Intel, 1W0X1-Weather Spec, 2A0X1B-Av Test Station, 2A3X2A-Av System, 2A3X3B-F-16 Crew Chief, 2A6X1A-Jet Engine, 2A6X2-Age, 2A6X3-Aircrew Egress, 2A6X4-Aircraft Fuels, 2A6X5-Aircraft Hydraulics, 2A6X6-Acft Elec/Envirn, 2A7X1-Acft Metal, 2A7X2-NDI, 2F0X1-Fuels (POL), 2R0X1-Maint Data, 2T1X1-Veh Opns, 2T31X1-Vehicle Opns, 2T3X1-Spec Purpose, 2W0X1-Munitions, 2W1X1-Acft Arm, 3E0X1-Elec Sys, 3E0X2-Power Production, 3E1X1-HVAC, 3E2X1-Heavy Equip, 3E3X1-Struc, 3E4X1-Util, 3E4X2-Liquid Fuels, 3E4X3-Environmental Cont, 3E5X1 - Engineering, 3P0X1-Sec Forces, 3V0X1-Visual Info Spec, 4A0X1-Med Admin Spec, 4B0X1-Bioenv Eng, 4D0X1-Diet Therapy. Contact MSgt Vonsetta Roberts DSN 358-9191, CML: 334-394-7191, or 1-800-368-4481 or e-mail at [vonsetta.roberts@almont.ang.af.mil](mailto:vonsetta.roberts@almont.ang.af.mil) or SSgt David Coram at DSN 358-9190, CML: 334-394-7190 or e-mail at [david.coram@almont.ang.mil](mailto:david.coram@almont.ang.mil) for more details.

**i. Military Equal Opportunity (MEO):** The Equal Opportunity and Treatment (EOT) complaint process is a means for military members, their families, and military retirees to present allegations of unlawful discrimination and sexual harassment to the offending party, someone in a position of authority, or both. When appropriate, complainants should be encouraged to resolve complaints informally before filing formal complaints within supervisory and chain of command channels. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

**j. Heavy Rains:** We've encountered and will continue to encounter heavy rains. Here are some tips to remember: 1) Listen to the radio for the latest weather information; 2) Be aware of streams, drainage channels, and known areas that flood easily and avoid frequenting those areas; 3) Stay away from flood waters--they may be contaminated!; 4) Gather water, food, clothing, and emergency supplies in the event you live in remote areas; 5) Wear protective clothing and sturdy shoes; 6) Keep your vehicle fuel tank full so that if you have to travel distances, you're prepared to do so--safely; 7) If you leave your home, let someone know where you are going; 8) Follow recommended routes--shortcuts or roads normally traveled may be flooded or closed. Should you encounter a flooded road: 1) Never attempt to traverse water-flooded roads; the running water will probably be faster than you can escape from it, the water may be deeper than it appears and the level can rise even higher!; 2) Debris can entangle you and your vehicle without warning; 3) If inadvertently caught on a flooded road, quickly get out. Do NOT attempt to stay in your vehicle or attempt to retrieve your vehicle. (30SW/SEGB, 6-8804)

**k. Airmen Against Drunk Driving (AADD):** Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

## **2. 30th Space Communications Squadron: (30SCS)**

**Records Management (RM) Appointments:** Effective immediately, please make sure all RM appointments are accomplished IAW AFI 33-322\_30SWSUP1 utilizing 30SWIMT2, **Records Management (RM) Appointment.** (30SCS/SCBR, 6-4212)

## **3. Traffic Management Office (TMO): (30LRS)**

**a. It's Your Move:** If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on you upcoming move can be emailed to your computer. (30LRS/LGRT, 6-6932/33)

**b. Shipping Your Pet:** If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP+-+Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

## **4. Military Personnel Flight: (30MSS/DPMP)**

**a. Military Personnel Flight (MPF) Customer Walk-in Hours:** The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500,

Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719.

**b. The MPF Weekly:** For the most current Personnel information, please check out the *MPF Weekly*. The 31 Dec 04 edition is now posted on the Vandenberg Intranet, link: [https://intranet.vandenberg.af.mil/30\\_msg/30-mss/mpf/mpf\\_weekly/2004\\_archive/dec-04-31.doc](https://intranet.vandenberg.af.mil/30_msg/30-mss/mpf/mpf_weekly/2004_archive/dec-04-31.doc)

**5. Civilian Personnel Flight:** (30MSS/DPCE)

**Voluntary Leave Transfer Program:** Vandenberg AFB currently has seven employees in need of donated leave. Alana Davenport - 30 CES/CEOE, Loneta Kelly - 30MSS/DPCE, Bruce Dufresne - 2ROPS/DOUS, Christine Holly-Vickers - 30SW/JA, Fidel G. Terrones - 30CES/CEOIE, James H. Field - 30LRS/LGRVM, and Rickey Alexander - 30CES/CEOF4. We also have a list of over 55 other Air Force employees who are in need of your assistance. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf).

**6. 30th Medical Group:** (30MDG, 6-7440)

**a. TRICARE Counseling Services:** TRICARE counseling is available. Contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**b. TRICARE Services:** TRICARE Management Agency-The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator (BCAC) positions, full time at lead agent office and collaterally at Military Treatment Facilities (MTF) worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [judith.monroe@vandenberg.af.mil](mailto:judith.monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**c. Keep Your Dental Health:** Brush your teeth twice a day with fluoride toothpaste. Clean between teeth daily with dental floss or an interdental cleaner. Decay-causing bacteria still lingers between teeth where toothbrush bristles can't reach. Flossing removes plaque and food particles from between the teeth and under the gum line. Eat a balanced diet and limit between-meal snacks. Visit your dentist regularly for professional cleanings and oral exams. Ask your dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts and about what types of oral care products will be most effective for you. The ADA Seal (American Dental Association approved) on a product is your assurance that it has met ADA criteria for safety and effectiveness. Look for the ADA Seal on fluoride on all oral hygiene products. Replace your toothbrush every three or four months, or sooner if the bristles become frayed. Children's toothbrushes often need replacing more frequently. For more details contact the Vandenberg Dental Clinic at 6-1846. (30MDSS/SGSAP)

**7. 30th Security Forces Squadron:** (30SFS/SFOS, 5-0792)

**a. Installation Entry Gate Hours:** The Santa Maria, Solvang, South and Timber Lane Gates are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Sunday. The Titan gate is open from 0600—0900 and 1500—1800, Monday thru Friday. (30SFS/SFOC, 6-3911)

**b. Neighborhood Watch Program:** This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

**c. Vacation Quarters Check:** If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

**8. 30th Civil Engineering Squadron: (30CES)**

**a. Attention All Facility Managers:** Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conf. Rm. (30CES/CEOF, 6-0010)

**b. Family Housing Residents:** If you have change of station, separation or retirement orders, please visit the Housing Office as soon as you receive your orders. We will schedule your pre-final termination and final termination appointments for you. We try to schedule these 45-60 days in advance of your projected departure. If you are within 45 days window and you don't yet have orders you can come in and schedule your Pre Final Inspection without them. This is very important to you, because not only will it allow you opportune time to schedule the appointments at your convenience, but you will also find out far enough in advance what your actual clearance responsibilities will be so you will not be caught by any surprises at the last minute. You will have the necessary lead-time to properly prepare your assigned unit for the final clearance appointment thus alleviating unnecessary stress for you and your family. We will accept a letter in lieu of orders to schedule your appointments. Contact Ms Buck at 6-3477. (30CES/CEH)

**c. Holiday Lights In Military Family Housing:** Exterior holiday lights must be removed no later than 10 Jan 05. (30CES/CECP, 6-1929)

**9. Air Force Reserves: (30MSS/ISR)**

**Briefing:** The next Air Force Reserve briefing is 11 Jan 05, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

**OFFICIAL**

**FRANK GALLEGOS**  
Colonel, USAF  
Commander

**Karen L. Dean**  
Chief, Publishing Management

**SECTION III — UNOFFICIAL****General Information:**

**a. Base Theater Marquee:** The following movies will be shown at the Base Theater, Bldg 13750. Call 6-5565 for movie information. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Thursday	6 Jan 05	"Woman Thou Art Loosed"	R	1830	1900
Friday	7 Jan 05	"National Treasure"	PG	1830	1900
Saturday	8 Jan 05	<b>Free Showing</b> "Racing Stripes"	PG	1330	1400
Saturday	8 Jan 05	"Incredibles"	PG	1830	1900

**b. Food Service Events:** For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMF)

Day	Date	Event	Start Time	Location(s)
Thursday	13 Jan 05	National Soup Day	1100/1630	Breakers/Beachcomber
Monday	17 Jan 05	Martin Luther King Birthday Meal	1100	Breakers/Beachcomber
Wednesday	19 Jan 05	Dining Facility Advisory Board Meeting	1000	Breakers

**c. Big Brothers Big Sisters:** Big Brother Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring a little magic into both of your lives. Our New Volunteer Orientation and Training will be held on Wednesday, 5 Jan 05 from 1130—1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP!



**d. The Vandenberg African-American Association General Membership Meetings:** Monday, 10 Jan 05 and Thursday, 20 Jan 05 at 1130 at the Base Library in Conference Room A to discuss VAFB's MLK and BHM celebrations. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact MSgt D. King, 532TRS/DO at 6-5551 or SrA Nurse, 30CPTS/FMFC at 6-4606. (2SLS/MAFD)

**e. AFSA Chapter 1356 General Membership Meeting:** Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, on Tuesday, 11 Jan 05, Supply, Bldg 8339, 2nd Floor, Rm 2 located on the corner of 8th St and New Mexico Avenue. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact the AFSA President, SMSgt Williams, 6-1568. (30SCS/SCBH)

**f. The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. General Membership Meeting:** Thursday 13 Jan 05 at 1200 at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright, 2SLS/MAFD at 5-4910 or Capt John Lofton, 576FLTS/TMGp at 6-6621. (2SLS/MAFD)

**g. Commemorative Prayer Breakfast:** Join Team Vandenberg as we celebrate the life and legacy of Martin Luther King Jr. at the MLK Commemorative Prayer Breakfast on Thursday, 13 Jan 05, at 0630 at Chapel 1 Annex. Our Guest Speaker will be Lt Col David Morrow, Wing Chaplain. Remember! Celebrate! Act! A Day On ...Not A Day Off! For more information contact SrA Shamena Nurse at 6-4606. (2SLS/MAFD)

**h. Vandenberg Spouses Club Event:** Join us 18 Jan 05 for a Wine Tasting at 1900 at the Pacific Coast Club for a cost of \$5.00 per person. Spouses are invited. Please R.S.V.P. to Leigh Ann at 734-1911 by 14 Jan 05.

**Chapel:** (30SW/HC, 6-5773)

**a. Regular Worship Schedule:**

<b>Catholic Mass:</b>	Saturday	1700	Chapel 2	<b>Protestant Services:</b>			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

**b. Vandenberg Jewish Community Classes:** The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes are held every Tuesday night at 1800 at the Vandenberg Religious Education Center. Please call Randee Van Ness at 734-3311, for more information or to enroll.

**Global Hearts Group:** (30SVS/SVMX, 30MSS/DPF, 30SW/HC)

**a. Global Hearts Group:** The Global Hearts Group is collaboration between the Family Support Center, Chapel and Services Squadron. It is available to all active duty military families in which the member is deployed, deploying, on a remote, or on a 30+ day TDY. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**b. Operation Sweet Dreams:** This is an ongoing service for our deployed/deploying members. Just contact the Family Support Center to get a picture of your family on a pillowcase. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**c. Deployed Spouses Night:** Deployed Spouses Night is at Breakers Dining Facility every Thursday at 1800. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**d. Lawn Care Service:** A volunteer is needed to be the POC for the Lawn Care Service that is provided for the families of Deployed Airmen. The POC would be in charge of designating new families to an established Team and setting up the schedules for the squadron volunteers. Please contact TSgt Sheila White at the Family Support Center, 6-0039, for more information. (30SVS/SVMX)

**e. "The Incredibles":** This Saturday at 1900 "The Incredibles" will be showing at the base theatre. The Global Hearts Group will be purchasing tickets for "The Incredibles" for all children that are eligible for Global Hearts. Doors open at 1830, so get there early, before the seats fill up! Please contact TSgt Sheila White at the Family Support Center, 6-0039, for more information. (30MSS/DPF)

**Family Support Center:** (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit [www.php-ids.com](http://www.php-ids.com).

**a. Office Hours:** Family Support Center (FSC) customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

**b. BabyMeet:** If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

**c. Playtime For Tots:** They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and their children ages 2 to 5. For more information call Jill at 757-9044.

**d. Readiness Briefings:** Readiness Briefings for Deployments and/or Remote TDYs will be conducted every Thursday from 0900—1000 at the Family Support Center. Please contact TSgt White at 606-0039.

**e. The Mechanics of Resume Writing:** Monday, 10 Jan 05, 0900—1100 at the Family Support Center. Prepare or update your resume for your job search, separation, or retirement! Learn about different types of resumes, resume do's and don'ts, and tips on building a powerful resume that will get you an interview. Participants will compile a rough draft of their selected format. Workshop is open to all active duty personnel, family members, retirees, and DoD civilians.

**f. Financial Planning:** Tuesday, 11 Jan 05, 1100—1200 at the Family Support Center. Designed to help clients create a financial plan that meets daily and future needs. Teaches budgeting, investing and developing a spending plan. Get started in the right direction!

**g. Manage Your Move:** Wednesday, 12 Jan 05, 0845—1130 at the Family Support Center. For adults on the move, includes briefings from Housing, TMO, Finance, Legal Office, and tips from TRICARE. An overseas cultural adaptation segment follows at 1100—1130. Have your questions ready and plan to attend within 90-120 days prior to departure. Spouses are encouraged to attend. Call 6-0039 to sign up.

**h. Home Loan:** Friday, 14 Jan 05, 1330—1600 at the Family Support Center. One of the major Veterans' benefits is the Veteran's Home Loan Guaranty. It is made to Active duty members, retirees, and Veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic Home Loan process and be cognitive of potential pitfalls. Contact Larry Davis at 6-0039 to sign up.

**Health And Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education:** The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

**b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education:** Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

**Life Skills Support Center** (30MDG/SGOH/6-5338)

**a. Anger Management Classes:** Anger Management Classes will be available from 1400—1600 on the following Mondays: 10 Jan 05, 24 Jan 05 and 31 Jan 05. The classes will be held at the Health And Wellness Center (HAWC). We will cover the early signs of anger, how your anger style was learned, self angering thoughts and cover strategies to reduce and control anger. To register please call Margarita Olimpio at 6-5338. (30MDG/SGOH)

**b. Operation Baby Launch:** The next 30th Medical Group Health Care Information Meeting for anyone anticipating starting a family and expectant parents, will be on 10 Jan 05, at 1700, in the 30th Medical Group Commander's conference room. Gather information on Health Care options and benefits. Representatives from each of the contracted hospitals will be in attendance. No registration is necessary. Spouses/partners are welcome. Free resources and door prizes. For more details call: Margarita Olimpio or Nancy Sias at 6-8217 and Pediatrics at 5-8254. (30MDG/SGOH, 6-5338)

**30th Services Squadron:** (30SVS/SVK, 6-0276)

**Services Weekly Bulletin:** Please take a look at Services Weekly Bulletin found on our own 30th Services Squadron web site at the following link:  
[http://www.30svs.com/NewFiles/documents/Bulletin\\_4Jan.pdf](http://www.30svs.com/NewFiles/documents/Bulletin_4Jan.pdf). (30SVS/SVK)

**Education Center:** (30MSS/DPHE, 5-5904)

**a. New Allan Hancock College Classes: Space 104** - Quality Management Control & Safety will be offered at the Allan Hancock College Lompoc campus beginning 24 Jan 05. **Space 128** - Materials & Processes will be offered at the Allan Hancock College main campus in Santa Maria beginning 27 Jan 05. These classes are part of Allan Hancock's new program "Electronics Technology - Space Operations." This A.S. degree is part of the new, nationwide National Science Foundation Space TEC grant initiative. For more information, please see [www.spacetec.org/](http://www.spacetec.org/). Interested students can register online 3-14 Jan 05. Walk through registration is 18-19 Jan 05. Late registration takes place 24-27 Jan 05 and 31 Jan 05—3 Feb 05. Also, the following classes will be offered online this spring: Digital Devices and Circuits, PC Care and Upgrade, and Fundamentals of AC and DC Circuit Analysis.

**b. Embry Riddle Aeronautical University:** ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For current information regarding registration, admissions and our programs call the office at 734-4076 or 606-6557. Additionally we have an extensive online catalog and over 150 locations worldwide. The next online term begins 15 Jan 04 for undergraduates and 7 Jan 04 for graduates with registration due two weeks prior to course beginning. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to Embry-Riddle a snap! Stop by and see us in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday—Thursday, 0830—1730 and Fridays, 0800—1200. Our e-mail is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu). (ERAU)

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Learn Introduction to Computers -- A basic class for beginners; Word 2003; Word Advanced; Excel 2003; Excel Advanced; PowerPoint 2003; Access 2003; Project 2000; Publisher 2003; Outlook 2003; and LAN Access Training (a class specifically for those in process of getting an e-mail account). Call 6-3771 for more details, or e-mail: [james.wooding@vandenberg.af.mil](mailto:james.wooding@vandenberg.af.mil). **Note:** Walk-ins are always welcomed! **NOTE: To register for Workgroup Manager classes, contact TSgt Debra Wheeler** [debra.wheeler@vandenberg.af.mil](mailto:debra.wheeler@vandenberg.af.mil).

**b. Computer Tip:** Outlook 2003: Did you know you can change the buttons displayed at the bottom of the Navigation pane? You can make the large buttons in the Navigation Pane smaller by dragging the splitter bar down toward the bottom of the Navigation Pane. The large buttons turn into small buttons in the button tray.

**c. Scheduled Classes: Note:** Walk-ins are always welcomed!

Class	Date(s)	Time	Bldg
Outlook 2003 - New Features	5 Jan 05	1130—1230	Bldg 9360
LAN Access Training	7 Jan 05	0800—1100	Bldg 9360
Internet Explorer - Using Search Engines	7 Jan 05	1130—1230	Bldg 9360
Project 2000	10-14 Jan 05	1300—1600	Bldg 9360
Access 2003 Basic	10-14 Jan 05	0800—1100	Bldg 9360
ISSO Training	12 Jan 05	0800—1130	Bldg 6525
LAN Access Training	14 Jan 05	1300—1600	Bldg 9360
LAN Access Training	18 Jan 05	0800—1100	Bldg 9360
Outlook 2003	18-20 Jan 05	1300—1600	Bldg 9360
Information Technology EC Training (IT EC)	19 Jan 05	0900—1100	Bldg 9325
Acrobat Reader	19 Jan 05	1130—1230	Bldg 9360
Access Lab	19 Jan 05	0800—1100	Bldg 9360

#### Items For Sale:

**For Sale:** 1998 328i BMW, black w/black lthr interior, 6-Cyl, auto, 102K mi, sport package, new tires, alloy rims, prem. CD/stereo, sunroof, PW/PD, tinted rear windows, Xlnt cond., \$12,000. Call 260-9264 lv msg.

**For Sale:** 1978 MGB convertible, 4-speed, yellow w/black interior, roll bar. Parting w/first love, overhaul project for British sports car enthusiast! \$800/obo. Call 734-0077.

**For Sale:** 1974 Porsche 911, 3.0 liter conversion, crank-fire ignition, Carrera tensioners, more...; many suspension upgrades, 8" & 7" Fuchs; sunroof, CD. Asking \$12,000/obo. Call 736-8925.

**For Sale:** 1999 Yamaha YZ-400F, Pro Tapers, White Brothers, R-4 exhaust, new Pro-Tech springs, \$3,200; 2002 Honda XR-200, \$2,500. Would consider package deal. Call Frank at 937-9891 or 878-4425.

**For Sale:** 1992 Honda Shadow 1100cc, new voltage regulator, needs new back tire. Runs well. Asking \$1,800. Call Steve at 934-7882.

**For Sale:** 20 Inch Diablo DS5 spinning rim kit, the battle axe style that came from the Spot Lowrider. These are the top of the line spinners that will fit most cars and trucks \$1,000/obo. Call 735-7239.

**For Sale:** Waterbed with very nice solid oak frame, asking \$150. Call 736-8925.

**For Sale:** (1) Fosgate amp 125A and Fosgate 40x40 w/built in crossover, \$200; 2x10" Fosgate speaker w/custom box, \$100; 4 tires (195x55x15) for \$100; suede tan sofa & love seat, \$100. Call 588-2739 FMI.

**For Sale:** Solid oak space-saver bed (twin size bed); matching nightstand, dresser and desk available. For more information, call Troy at 736-3580.

**For Sale:** Frigidaire Ultra Quiet III portable dishwasher that will convert into a built in, depending on your need. Used only 6 months then PCS'd. Bought for \$450, will sell for \$200. Call 734-1417.

**For Sale:** Whirlpool, extra large capacity, beige electric dryer. Works great. Asking \$100. Call 736-4925.

**For Sale:** Oak table w/6 chairs, \$250; oak hutch, \$200; oak coffee/end tables, \$125; (2) oak stools, \$75. Glass coffee table w/black/gold metal frame, \$50, (2) matching glass end tables, \$25 ea. Call 735-1370.

**For Sale:** Day bed, white w/trundle, \$200. King-size bedroom set w/dark green & black marble design, headboard/frame/nightstands, 6-drawer dresser w/mirror & tall TV cabinet, \$600. Call 735-1370.

**For Sale:** Assorted electronic components (negotiable), Pioneer 6-CD holders, \$6 ea; assorted house plants, \$5—\$25; Concertmate electronic keyboard (no AC power supply), \$50. Call 735-1370.

**For Sale:** 18' Boat 1972 Larson with trailer, needs engine, can be seen at Base Car Lot, \$150; Bandflex workout machine, similar to Soloflex, work out the entire body. Like new condition, \$65. Call 734-2299

**For Sale:** Black metal computer table & chair on wheels, \$15; fire escape ladder, \$18; assorted bedding sets, \$15—\$25 ea; small VHS/DVD cabinet w/glass doors, \$8. Call 735-1370.

**For Sale:** Drum set - includes everything, 3 toms, snare, two cymbals, bass, high hat and throne, only 10-months-old, \$375. Call 734-2299.

**For Sale:** Child car booster seat, 10\$; Jeep brand stroller, 50\$; Graco Pac-n-Play, 20\$. Beautiful white hideaway desk, has upper display shelf, in great condition, \$250. Call 739-5447, ask for Miranda or Jason.

**For Sale:** Amana Deep Freezer, 14.8 cubic feet, \$100. Entertainment Center for up to 35" TV w/3 shelves on one side and a drawer and 2 cupboards across the bottom. 2-years-old, \$50. Call Amanda/Travis 734-5514.

**For Sale:** Officer mess dress, pants 31/32, jacket 38R, \$60; FP infant to toddler rocking chair paid \$30, asking \$15; metal bird cage, \$10; small pet/parakeet carrier, \$15. All in xlnr cond. Call 734-3340 FMI.

**For Sale:** Metal futon w/mattress, \$30; hexagonal glass top/wood coffee table, \$20; boys infant clothing, \$.25-\$1ea; baby blankets, \$.50-\$1ea; crib set w/diaper stacker and lamp \$30. Call 588-1007 after 1630.

**For Sale:** Shih-Tzu pups, adorable and registered, white with brown spots, \$600 females and \$500 for the male, they're going quickly so hurry. Call 734-2299.

**Free:** Free to a good home - Male Siamese seal point cat, 4-mos-old. Needs adult home. Call 922-7170.